



Haluski

Fresh cabbage and onions slow cooked with whole grain egg noodles.

Recipe Project Name: Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development
Pennsylvania Department of Education

Preparation Time: 30 minutes

Cook Time: 1 hour 15 minutes

NSLP/SBP crediting information:

2/3 cup (No. 6 scoop) provides 3/8 cup other vegetable, 1 oz equivalent grains.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Margarine, unsalted	1 lb 4 oz	2 1/2 cups	2 lb 8 oz	1 qt 1 cup	<ol style="list-style-type: none"> 1. Preheat oven to 325 °F. 2. Place margarine and onions in a full hotel pan. Place in oven. For 50 servings, use 1 lb margarine. For 100 servings, use 2 lb margarine. 3. Cook in convection oven for 20-30 minutes, stirring occasionally, until onions begin to caramelize. 4. Add cabbage to the onion/margarine mixture and continue to cook for another 25 minutes until cabbage is caramelized and softened. Stir occasionally.
*Sweet onions, sliced	1 lb 5 oz	1 qt 1 1/3 cups	2 lb 10 oz	2 qt 2 2/3 cups	
*Cabbage, green, chopped	3 lb 15 oz	1 gal 1 qt	7 lb 14 oz	2 gal 2 qt	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Egg noodles, whole grain	3 lb		6 lb		<p>5. Cook the egg noodles according to package instructions. Drain well. Add noodles to the fully cooked cabbage and onions.</p>
Salt		1 ½ Tbsp		3 Tbsp	<p>6. Add margarine and salt to the noodle/cabbage/onion mixture and stir. Heat for 3 minutes to allow the margarine to melt.</p> <p>For 50 servings, use 4 oz margarine.</p> <p>For 100 servings, use 8 oz margarine.</p> <p>Critical Control Point: Heat to 135 °F or higher for at least 15 seconds.</p> <p>Critical Control Point: Hold for hot service at 135 °F or higher.</p> <p>7. Serve ⅔ cup using a No. 6 scoop.</p>



**HALUSKI
NUTRITION INFORMATION**

For ⅓ cup (No. 6 scoop)

NUTRIENTS **AMOUNT**
Calories **192**

Total Fat	10 g
Saturated Fat	2 g
Cholesterol	24 mg
Sodium	224 mg
Total Carbohydrates	22 g
Dietary Fiber	3 g
Total Sugars	2 g
Added Sugars included	0 g
Protein	4 g
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Vitamin A	N/A
Vitamin C	N/A
Vitamin D	1 mcg
Calcium	25 mg
Iron	1 mg
Potassium	169 mg

N/A=data not available.

***MARKETING GUIDE**

Food as Purchased for	50 Servings	100 Servings
Sweet onions	1 lb 11 oz	3 lb 6 oz
Cabbage	4 lb 9 oz	9 lb 2 oz

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service

YIELD/VOLUME

50 Servings	100 Servings
About 9 lb 14 oz About 2 gal 1 ⅓ cups	About 19 lb 12 oz About 4 gal 2 ⅔ cups

SOURCE:

FY 2021 Cohort A Team Nutrition Training Grant

